



gluten-free pantry guide

This is not a complete list of gluten-free pantry items, but rather a list of those that are helpful and/or essential to a well-balanced gluten-free lifestyle. Be sure to check the refrigerated, vegan and kids & teens lists for other gluten-free recommendations that may suit your dietary requirements. And remember — don't go buy everything at once! Instead, buy some items that are already favorites or a few essentials, then purchase other items as you learn what you like or want to try a new recipe!

Important: All of these items listed should also be gluten-free if you are adhering to a strict gluten-free diet. Check with individual manufacturers for any questions about ingredients and/or updates on whether or not a specific product's ingredients have changed. If you have other intolerances, allergies, or special dietary needs, then you should also do your homework.

grains and pastas

quinoa (red, white, or rainbow)
arborio rice
brown rice
jasmine rice
red rice
gluten-free oats
brown rice pasta
quinoa pasta

Brand recommendations:

- * **Ancient Harvest** (Elbows, Linguine, Spaghetti, Rotelle, Shells, and Garden Pagodas) quinoa.net
- * **Lundberg Family Farms:** Rice (variety of rice and rice mixes, including Short Grain, Basmati Brown, Arborio, and Jasmine Brown rices) lundberg.com

beans and legumes

black beans
chickpeas (garbanzo beans)
Great Northern beans

lentils
red kidney beans

flours

almond meal/flour (store in refrigerator once opened)
arrowroot starch
brown rice flour
coconut flour
millet flour
potato starch
quinoa flour
tapioca starch/flour

nuts and seeds

almonds
walnuts
pistachios
pecans
cashews
macadamia nuts
pine nuts
sunflower seeds

oils and vinegars

olive oil
toasted sesame oil
sesame oil
grapeseed oil
canola oil
coconut oil
safflower oil
apple cider vinegar
red vinegar
white vinegar
balsamic vinegar

dried herbs and seasonings

sea salt
pepper
cumin

garam masala
chili powder
red pepper flakes
paprika
rosemary
thyme
oregano
ground cinnamon
nutmeg
garlic powder

NOTE: Not all spices are gluten-free and many are often cross-contaminated with gluten. Brand recommendation: McCormick declares the use of wheat, barley, rye or oats prominently in the ingredients list. In addition, all products that do contain gluten-derived ingredients are processed on a separate manufacturing line. See mccormick.com for more details.

condiments

gluten-free tamari or soy sauce
Annie's Naturals Organic Honey Mustard
Annie's Naturals Organic Sweet & Spicy BBQ Sauce
Thai Kitchen Red Curry Paste
Thai Kitchen Roasted Red Chili Pastes
gluten-free salad dressings

Brand recommendation: Annie's Naturals Dressings (variety of flavors, including Lite Honey Mustard, Lite Raspberry Vinaigrette, Tuscany Italian, and Fat Free Mango Vinaigrette) **Note:** Not all Annie's dressings are gluten-free, so be sure to check labels! annies.com

sweeteners

applesauce (unsweetened, all-natural)
brown rice syrup
coconut palm sugar
pure maple syrup
organic cane sugar
stevia
pumpkin puree

cereal and granola

Brand recommendation: Purely Elizabeth Ancient Grain Granola, Oatmeal and Hot Cereals Granola (Original, Pumpkin Fig, Blueberry Hemp, and Cranberry Pecan

granolas); **Oatmeal & Hot Cereal** (Original, 6 Grain, Apple Cinnamon Pecan, and Cranberry Pumpkin Seed) *purelyelizabeth.com*

food bars

Brand recommendation: **KIND Healthy Snacks** Variety of flavors, including Peanut Butter Dark Chocolate + Protein, Almond & Coconut, Peanut Butter & Strawberry, Pomegranate Blueberry Pistachio + Antioxidants, Dark Chocolate Cinnamon Pecan, and Dark Chocolate Nuts & Sea Salt *Also offers many vegan options *kindsnacks.com*

crackers

Brand recommendation: **Mary's Gone Crackers** Crackers (Original, Herb, and Onion) and Pretzel Sticks (Sea Salt and Curry) *marysgonecrackers.com*

other pantry items

Enjoy Life chocolate chips (mini and chunks)
palm shortening
raisins
dried cranberries
gluten-free oats
cocoa powder
flaxseed meal (store in refrigerator once opened)
nutritional yeast
plant-based protein powder
gluten-free vegetable broth/stock
natural nut butters (almond, peanut, cashew)
sunflower butter
canned diced tomatoes
tomato sauce

**** When reading labels, watch for these ingredients:**

Barley
Barley Malt
Bran
Bulgar
Durum
Farina
Graham
Kamut
Malt (flavoring, extract, syrup, etc.)
Oats (unless they are certified gluten-free)
Rye
Spelt
Triticale

Semolina
Vegetable Starch
Wheat